



**OK, NEW
NEW YEAR'S
RESOLUTION**

METRO LOOKS AT
WAYS TO STAY
ON TRACK IN THE
NEW YEAR **PAGE 19**

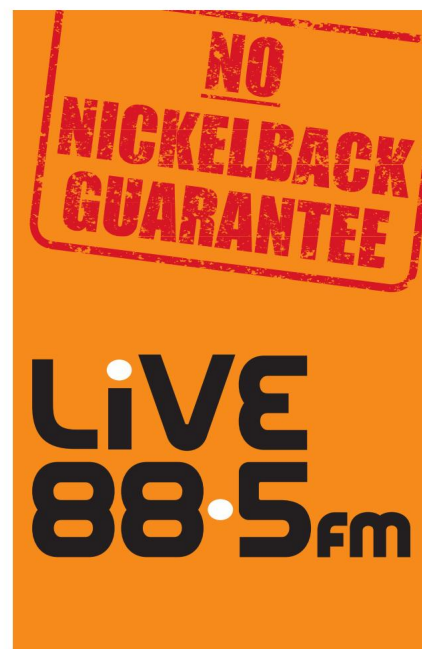
**DON'T
GIVE UP**

**Local mom
goes after
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Ottawa woman fights to
regain custody of daughter **PAGE 3**

**In Hollywood, the
show must go on**

Fans, actors mourn loss of Philip
Seymour Hoffman, whose role in the
Hunger Games will remain intact **PAGE 17**



NCC names Kristmanson as new CEO

**National Capital
Commission.** Change
unlikely to bring city
mayors to the table



**LUCY
SCHOLEY**

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Although the new head of the National Capital Commission (NCC) said he wants to work "collaboratively" with the mayors of Gatineau and Ottawa, it's unlikely he will offer them seats at the table anytime soon.

Mark Kristmanson was named as the Crown Corporation's new CEO Monday morning, days after the mayors accused the NCC of "meddling in municipal affairs."

Kristmanson, who has sat on the NCC board since 2004, did not say whether he planned

to fulfill the mayors' request for direct representation on the board.

"I look forward to working collaboratively with both mayors and working together to achieve positive results for the capital," he said.

John Baird, the minister responsible for the NCC, said Kristmanson has an "impressive background" and it's "crucial" for Kristmanson to establish relationships with the mayors.

But Baird downplayed comments made last week about the NCC micromanaging city projects. Ottawa Mayor Jim Watson and his Gatineau counterpart, Maxime Pedneaud-Jobin, accused the NCC of "meddling" in the planned Light Rail Transit (LRT) route and each requested a seat on the Crown Corporation's board. The NCC shot down the idea.

"It's inevitable that there

will be the odd disagreement from time to time," Baird told reporters. "There's nothing wrong with that, but we're not interested in a political fight, a political battle. I know Mark and everyone at the NCC literally, in recent years, have passed hundreds of things that both cities need."

Baird also suggested Kristmanson reach out to MPs on both sides of the river, who he called "key stakeholders."

Since Kristmanson joined the NCC, he has been responsible for the National Holocaust Monument, Canada Day festivities, Winterlude and the Parliament Hill sound and light show.

Apart from his NCC work, Kristmanson was the 2011 Canada-United States Fulbright Visiting Research Chair in Public Diplomacy at the University of Southern California.



Mark Kristmanson is introduced by Foreign Affairs Minister John Baird as CEO of the National Capital Commission at a news conference in Ottawa, Monday. FRED CHARTRAND/THE CANADIAN PRESS

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City out nearly \$30,000

Settling snow plow claims pricey

The City of Ottawa spent nearly \$30,000 last year just on settling claims with residents relating to snow plows damaging private property.

Following a story in Metro on Monday about an increase in the number of claims filed against the city since 2010 for snow plows causing damage to private property, the city says it forked out \$29,217.29 in 2013. **JOE LOFARO/METRO**

Lights, camera, see ya

Fraudster facing prison time

A Mississauga businessman was sentenced to six months imprisonment and forced to pay more than \$86,000 in restitution for defrauding young actors and models from southern Ontario, the Ontario Ministry of Consumer Services said Monday. Saroor Hassan Zaidi would operate under a number of aliases and promise young adults their "big break" in acting or modelling. **JOE LOFARO/METRO**

Mohamed Ahmed

Bail hearing set for man facing human trafficking charges

Mohamed Ahmed, 26, made a brief court appearance Monday via video link to formally face two human trafficking charges relating to an adult woman. A justice of the peace ordered him not to speak to the female complainant and return to court Friday for a bail hearing. **JOE LOFARO/METRO**

Man allegedly starved dog, sold it online

The Ottawa Humane Society (OHS) says a Great Dane is lucky to be alive after a man allegedly starved the dog to near death and sold it on Kijiji.

OHS said in a news release Monday Jason Woodruff, 32, allegedly sold the five-year-old dog on Jan. 20 and within hours, the buyer brought the dog to the animal welfare agency to receive care. Woodruff is now facing animal cruelty charges.

"It was a shock to see a big dog that skinny. He was skin and bones," said Miriam Smith, OHS inspector, in the release. "I was surprised Charlie was still alive."

Charlie weighed 53 pounds when OHS took him in, which is about half the weight a dog of his size should weigh. OHS investigators claim the dog hadn't been properly fed in months.

Woodruff has been charged

with permitting an animal to be in distress and with failing to provide adequate food, water and medical attention, OHS said.

The accused faces up to two years in jail, a \$60,000 fine, and a lifetime ban on owning animals, "a sentence that ... is yet unheard of in cases of animal cruelty," OHS said.

Woodruff is scheduled to appear in court on Feb. 27.

JOE LOFARO/METRO



The Ottawa Humane Society says this Great Dane, Charlie, was starved before it was sold online to a buyer. COURTESY OF OTTAWA HUMANE SOCIETY

Ottawa mom fighting to get daughter back

Babysitter sexual assault. Girl wrongfully put up for adoption; mother vows to sue Children's Aid Society



JOE LOFARO
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An Ottawa mother whose daughter was sexually assaulted at age five by a babysitter says she is taking The Children's Aid Society of Ottawa to court after the agency wrongfully gave the child up for adoption.

The name of the child is protected by a publication ban and Metro is not naming the mother in order to protect the child's identity.

On Oct. 9, 2013, Ontario Court Justice Catherine Kehoe found Jennell Crossfield, 27, guilty of sexual assaulting the young girl.

The judge ruled the girl's testimony was credible and

that the accused "will lie when it suits her and to get herself out of trouble."

The mom read her heart-breaking victim impact statement to the court Monday morning, describing how the incident has scarred her and her daughter.

"You've robbed my daughter of her innocence, her family, and she and I will always struggle in trusting people again," the emotional mother said in court. "Even now ... four and a half years later, I seldom go for a few minutes without some image or feeling from the sexual act towards my daughter popping into my head. You've made me feel helpless (as) a mother because I wasn't there to protect my daughter from you."

After finding out about the sexual assault in June of 2009, the mom beat up Crossfield and threatened her with a knife. As a result, the mom was arrested on assault charges and the child was taken into foster care, she said.



The Ottawa Courthouse **SEAN MCKIBBON/METRO**

She said she just finished her probation in January and desperately wants her child back.

CAS only lets the mom see her daughter two times per year for two hours, the mom told Justice Kehoe Monday.

She has since had a second child.

"CAS let me have one kid and not the other," the mom told reporters after Monday's proceeding. "I need to find a good civil lawyer and I'm going to go after them."

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1 NEWS

Sex in this city? Hey, government workers like to get a bit frisky, too

Sexapalooza.

Buttoned-up cities, like Ottawa, have a wild side, says head of sex fest

Here's some advice for heterosexual couples on Valentine's Day: Go buy that sex toy together. It'll be more bang for your buck.

At least that's Liz Lewis's advice.

"When it comes to sex toys, if your girlfriend picks it out, it'll get used," said the president of Sexapalooza. "I think, for women, they prefer to use toys in the bedroom that they feel comfortable with and I think most men are willing to try anything. They don't care. They're having sex."

So goes the lead up to Sexapalooza on Feb. 7-9 — just in time for Valentine's Day shopping. The low-lit annual sex trade show features burlesque dancers, lingerie, pole dancing and a sex museum. An amateur stripping

More online

Sexapalooza heats up Friday, Feb. 7, at 5 p.m. and it goes all weekend. Tickets cost \$15 per day or \$25 for a weekend pass. They can be bought at www.sexapalooza.ca.

contest invites impromptu dancers onstage to strut their sexy stuff. Usually, the older men draw the most applause, said Lewis.

Lewis said about 12,000 to 15,000 people flock to the Ottawa Convention Centre every year since it started in 2008. She said the capital is one of the best regions to host the event.

"I think the conservative cities do better," she said. "It's funny how these cities have reputations of being conservative. Columbus (Ohio) is the same way ... a lot of government workers, very conservative and yet that show does very well."

LUCY SCHOLEY/METRO



A performer with the Kinky Kabaret burlesque troop puts on a strip tease performance with the emphasis on tease. SEAN MCKIBBON/METRO

St. Albert rises from the ashes with new factory



Firefighters douse the St. Albert cheese factory last year. METRO

It's been a year since intense flames reduced the St. Albert cheese factory to rubble, but owners aren't shrouding in the emotions of losing the 120-year-old fromagerie.

Instead, they are gearing up to open a "bigger and better" plant this spring.

The cheese company is reopening its production fa-

cility with a massive new 76,000-square-foot building, which is about one-third bigger than the former building.

The \$30 million reconstruction project also calls for a new on-site restaurant and museum. It's the talk of the town in small St. Albert, Ont.

"We just can't wait," said St. Albert Cheese Co-operative

General Manager Eric Lafontaine. "We always think for the next generation, so we want to have a bigger plant, more flexible plant and there is potential in the market and that's why it's going to be bigger and better."

The cheese factory is the main employer in the small village with over 100 workers

showing up to make cheddar and poutine curds everyday.

Lafontaine said only about 25 people or so were without work for the past year and he hopes to hire them all back when production resumes this spring.

Lafontaine said there wasn't even a discussion on whether or not the plant would be re-

built.

"We have been here for a really long time, so it was not even an issue," he told Metro Monday, exactly one year after the blaze destroyed his plant.

The restaurant won't likely open until sometime this summer and the museum will follow.

TREVOR GREENWAY/METRO

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Bright Nights, capital city: Fest sates Ottawa's 'appetite' for film

'Distinctive' cinema.

Fourth annual event screens movies from Baltic-Nordic countries like Sweden, Denmark, Lithuania and Estonia

LUCY SCHOLEY

lucy.scholey@metronews.ca

It takes a true movie buff to trek through a snowstorm for the opening night of an obscure film festival.

But that's what about 200 people did for the opening double feature of the Bright Nights Film Festival on Saturday.

The fourth annual event brings in festival films from Baltic-Nordic countries including Sweden, Denmark, Finland, Estonia, Latvia, Iceland, Lithuania and Norway. It coincides with Winterlude.

This year's films range from the intense philosophical documentary *Blood Type*, about Estonian soldiers in the Afghan War, to the quirky *My Stuff*, about a man who stores all his belongings away for a year after enduring a breakup.

Tom McSorley, the executive director of the Canadian Film Institute, said Nordic countries often carry a reputation of "being dour and very heavy," but many of these films have a humorous streak.

"They're all distinctive cultures within the eight



A still from the Lithuanian movie *Narcissus*, which will screen Feb. 5 as part of the Bright Nights Film Festival. CONTRIBUTED

countries," McSorley said.

He added it's "a shame" these movies are not more widely distributed, but notes "there's a deep-seated kind of conservatism in film distribution" that

means many top-notch non-Hollywood films don't make it overseas.

It's a void that the Canadian Film Institute aims to fill with regular festivals, he said.

"There is an appetite, especially in Ottawa," McSorley said. "Ottawa is like a very underrated city in terms of filmgoers. It's an international city; lots of people are interested in

international relations and what's happening out there in the world of movies."

The next Bright Nights Film Festival movie, *Narcissus* (Narcissus), will screen Wednesday at 7 p.m.

Tickets cost \$12, cash only, for non-CFI members. They are available for sale before the show at 395 Wellington Street.

The festival continues until Feb. 12.

Warmer winters may melt away our sports identity

Charles Hodgson hopes his children and grandchildren can continue to enjoy cross-country skiing in Gattineau Park for years to come, but a new report by the University of Waterloo suggests it may be too warm for the winter sport to be feasible in the nation's capital.

According to the report, Ottawa's winter temperatures are expected to rise 8.5 degrees by the 2050s and 12.5 degrees by the 2080s, giving the future of winter outdoor sports an air of uncertainty.

"I am not going to be doing my skiing in those years, but my kids and maybe my grandchildren, I would like to think they could, but it doesn't look like that," said Hodgson, who sits on the steering committee for Ecology Ottawa.

"One of the biggest threats to the park is climate change, because the species are going to be shifting."

Hodgson has been a Gattineau Park advocate for years, running a website called Guide Gattineau that reports on news that affects

the Park.

He is hosting a panel discussion this Wednesday on The Future of Snow and Skiing in a Warming World with former Olympians, ski-hill owners, park managers and environmental scientists to talk about how our identity is thawing daily.

"If we think that we have the same identity our parents or our grandparents had, we are fooling ourselves," added Hodgson.

"Obviously we can change our identities and people will, but there are some

pretty serious consequences, more so for people in other parts of the world than for us."

Joining the panel is 2006 cross-country skiing Olympic silver medallist Sara Renner and Canadian slalom champion Patrick Biggs, as well as Camp Fortune owner Bob Sudermann and mountain-environments scientist Dr. Stephan Gruber.

The panel takes place at the Canada Aviation and Space Museum from 7:30 to 9 p.m.

TREVOR GREENWAY/METRO



Charles Hodgson enjoys an afternoon ski in Gattineau Park. He is hosting a panel discussion on how global warming will affect the region's winter sports. CONTRIBUTED

Vancouver deputy mayor meets IOC execs to talk LGBTQ rights

Sochi. Meeting with IOC president's senior staffers proves hopeful

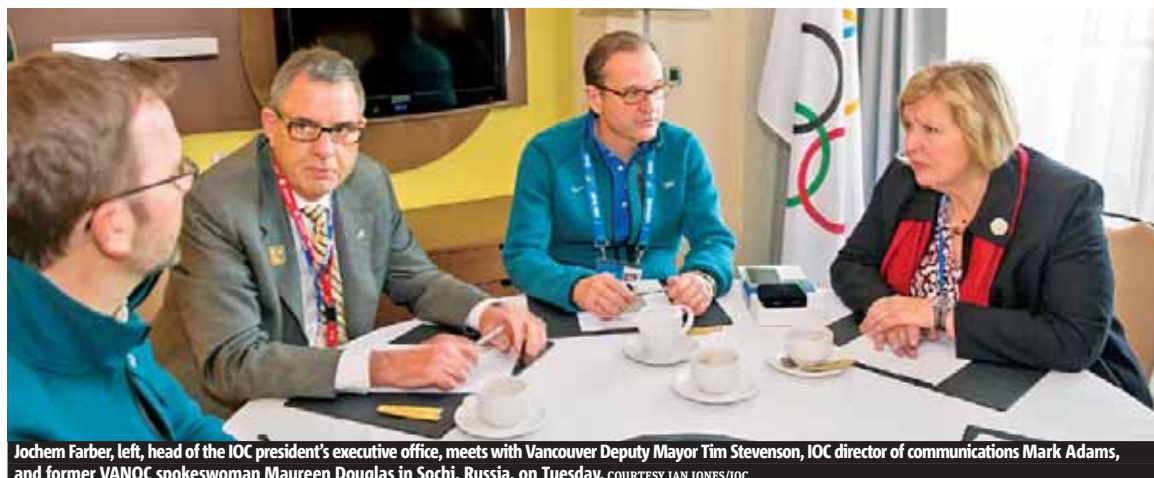


KATE WEBB
Metro in Vancouver

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination.

He came away hopeful it



Jochem Farber, left, head of the IOC president's executive office, meets with Vancouver Deputy Mayor Tim Stevenson, IOC director of communications Mark Adams, and former VANOC spokeswoman Maureen Douglas in Sochi, Russia, on Tuesday. COURTESY IAN JONES/IOC

will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC

president's senior staffers.

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself,

German Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit

down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that

Quoted

"It's far more hopeful, and I am far more positive than I thought I would be."

Vancouver Deputy Mayor Tim Stevenson, on his meeting to urge the IOC to amend its charter to include sexual orientation.

with the new president, Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco. **WITH FILES FROM THE ASSOCIATED PRESS**

Boy was chained up, starved, beaten: Crown

A 10-year-old boy who died in the care of his father and stepmother was kept chained to his bed, stomped on and starved, prosecutors alleged Monday in the first day of the couple's murder trial.

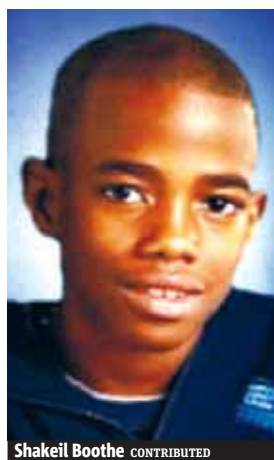
Autopsy results showed "injuries on top of injuries" and open wounds on Shakeil Boothe's emaciated body, as well as clear signs of infection in his lungs and blood stream, Crown lawyer Kelly Slate told a Toronto-area court.

The boy's death was caused by a combination of blunt-force injuries, malnutrition, pneumonia and other infections, she said in her opening statement.

Shakeil's lifeless body was found on May 27, 2011, in the family's Brampton, Ont., home, court heard.

The boy's father, Garfield Boothe, and stepmother, Nichelle Boothe-Rowe, are charged with second-degree murder.

Garfield Boothe was originally charged with failing to provide the necessities of life but that charge was later



Shakeil Boothe CONTRIBUTED

upgraded to second-degree murder.

Nichelle Boothe-Rowe was previously facing a manslaughter charge.

Shakeil left his grandmother's care in Jamaica in 2009 to come live with his father in search of a better life, Slate said. Instead, he was dead within two years of his arrival.

Slate said the boy was an "obviously sick, malnour-

ished child" at the time of his death.

"Shakeil did not get to that state overnight."

Boothe and Boothe-Rowe "had an obligation to care for their 10-year-old son once he came to Canada," she said.

But things changed once the couple had a son of their own, an infant born in September of 2010, Slate argued.

Neighbours noticed Shakeil, previously viewed as a "happy but shy and quiet boy," wasn't seen playing outside or going to school, she said. They were told he was inside playing video games, she said.

And public health nurses who visited to help Boothe-Rowe with the baby "saw no sign of another child living in the house," Slate said.

Boothe called 911 the afternoon of May 27 to report Shakeil wasn't conscious or breathing.

Paramedics testified Monday they found the boy lying in bed, frigid and stiff and foaming at the mouth, suggesting he had been dead for a while.

THE CANADIAN PRESS

Surveillance. CSEC chief denies agency breached Canadians' privacy

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

Ottawa-based CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada.

It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

THE CANADIAN PRESS



CSEC Chief John Forster prepares to appear before the senate national security and defence committee in Ottawa on Monday. FRED CHARTRAND/THE CANADIAN PRESS

Dramatic increase

WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations.

THE ASSOCIATED PRESS

Lev Tahor children

Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while the community was being investigated by social services, should be returned to that province.

Members of the Lev Tahor community, in Ste-Agathe-des-Monts, Que., were under investigation last year for issues including children's health and allegations that the kids weren't learning according to the provincial curriculum.

THE CANADIAN PRESS

Greatest tale of survival at sea — if proven true

Survivor. Spanish-speaking man says he drifted 13 months across Pacific Ocean in a 7-metre fishing boat

It's a story that almost defies belief: A man leaves Mexico in December 2012 for a day of shark fishing and ends up surviving 13 months on fish, birds and turtles before washing ashore on the remote Marshall Islands thousands of kilometres away.

But that's what a man identifying himself as 37-year-old Jose Salvador Alvarenga told officials Monday a week after he washed ashore on the tiny atoll of Ebon in the Pacific Ocean.

Other cases

There have been other cases of people surviving for months adrift.

- Three Mexican shark fishermen in 2006 said they were lost at sea for nine months before being rescued near the Marshall Islands.
- In 1989, four men survived nearly four months in the Pacific Ocean near New Zealand after their boat capsized.

Officials were reacting cautiously to the Spanish-speaking man's story while they try to

piece together more information.

The soft-spoken man complained of joint pain and had a limp but was able to walk. He had long hair and a beard, and rather than appearing emaciated he looked puffy in places, including around his ankles. Otherwise, he seemed in reasonable health.

Gee Bing, the acting secretary of foreign affairs for the Marshall Islands, said he was somewhat skeptical of Alvarenga's account after meeting with him Monday. "When we saw him, he was not really thin compared to other survivors in the past," he said.

Bing said the man had no identification, and other details of his story remained sketchy.

THE ASSOCIATED PRESS



Man facing jail time for cat-throwing video

Oscar the cat is pictured in Marseille, France, Monday. Officials say a 24-year-old man accused of injuring the kitten by throwing it against an apartment building, then uploading a video clip of the act on his Facebook profile, is being prosecuted for animal cruelty and faces up to two years in prison and a \$40,500 fine. The Marseille SPA office says it is treating Oscar for a broken foot and a stomach injury suffered in the attacks, which occurred after the accused found the kitten on a street. The owner later recovered his pet and brought it to the SPA for treatment. CLAUDE PARIS/THE ASSOCIATED PRESS

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The next enrolment date is **March 4, 2014.**



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Olympics. Canada to 'keep an eye' on Russian involvement in Ukraine

Canada will be keeping a close eye on Russia's involvement in the turbulent Ukraine as the Winter Olympics get ready to begin in Sochi, says Foreign Affairs Minister John Baird.

Canada will continue to vigilantly monitor developments in Ukraine as the world spotlight shifts to Russia this week, Baird told a news conference Monday.

"The Olympics are an exciting time for the athletes, for the world and for the Olympic spirit. We will very much be keeping an eye on the situation

throughout Ukraine," he said.

"We will not be taking our eye off Ukraine for one moment during the Sochi Games."

Baird also registered Canada's outrage at the barbaric kidnapping of an opposition activist who was reportedly crucified by his Ukrainian captors.

"The abduction and abuse of pro-democracy activists is a cruel and crude attempt to deter peaceful protest through fear," he said in a statement. "We call for an independent investigation into this case and all other crimes against protesters." **THE CANADIAN PRESS**



Foreign Affairs Minister John Baird talks about the situation in the Ukraine in Ottawa on Jan. 28. SEAN KILPATRICK/THE CANADIAN PRESS

Not so sweet. Sugar consumption linked to fatal heart problems

Could too much sugar be deadly? The biggest study of its kind suggests the answer is yes, at least when it comes to fatal heart problems.

It doesn't take all that much extra sugar, hidden in many processed foods, to substantially raise the risk, the researchers found, and most Americans eat more than the safest amount.

For most American adults, sodas and other sugary drinks are the main source of added sugar.

Adults who got at least 25 per cent of their calories from added sugar were almost three times more likely to die of heart problems than those who consumed less than 10 per cent.

THE ASSOCIATED PRESS

Cat café coming to Canada in the fall

The right catmosphere. New Vancouver space will allow people to socialize with cats while surfing the net



EMILY JACKSON
Metro in Vancouver

A café just for cat lovers may pawssibly be coming to Vancouver.

Michelle Furbacher is applying for a business licence to open the "Catfé," a space where people will be able to socialize with cats while surfing the net or reading a book.

Cat cafés are wildly popular in Tokyo where dozens of shops charge customers a per-hour fee to hang out with feline furriends while lapping up lattes. The concept has yet to take off in North America, but entrepreneurs are planning to open such venues in Montreal, San Francisco and Oakland, Calif.

Videos of the Japanese cafés inspired Furbacher's Catfé, which will act as a foster home for cats from animal shelters, she told Metro on Monday.

"People will meet the cats, fall in love with them and maybe want to adopt them," Furbacher said, adding the cats will be vaccinated, fixed and screened by a vet before being chosen for the café, which could open

Furry friends

"People will meet the cats, fall in love with them and maybe want to adopt them."

Michelle Furbacher, on her plan for her future cat café to act as a foster home for cats.

as soon as September.

"They have to have the right kind of personality, that likes hanging out with a lot of humans and a lot of other cats."

The café will also be a place where people who aren't allowed to have pets can get quality kitty time.

Furbacher knows how hard it can be for cat-loving renters to find a home where pets aren't banned. When her cat Peanut died two years ago, her landlord told her she was no longer allowed a pet in the building. She has since become a live-in cat sitter and is starting this venture as a new way to work with cats.

Furbacher has yet to find a location for the Catfé, but is in talks with lawyers and animal shelters to hammer out the business model.

"Obviously cleanliness is going to be a huge issue," she said, noting that Canada's stricter food and safety regulations could make it "next to impossible" to legally have a kitchen with so many cats meandering about.

Furbacher's shop will instead focus on providing Wi-Fi, a small library and



Michelle Furbacher and a cat-sitting charge. COURTESY MICHELLE FURBACHER

event space.

"If we can get away with it, we'll serve bottled drinks and packaged foods bought off-site," she said.

And while customers will be able to enjoy the catmosphere, they will have to leave their kittens at home to avoid cat fights.

Freezing temps wipe out \$441M in citrus fruits

A week of freezing temperatures in early December wiped out about a quarter of California's \$2 billion citrus industry, an industry group estimated on Monday.

The group, California Citrus Mutual, said the damage was confined to the state's Central Valley, where about \$441 million in mandarin and navel oranges and lemons were lost during seven consecutive

nights of freezing temperatures in early December.

Consumers are likely to see at least a slight increase in the price of oranges at the grocery store and can expect a shorter season for California citrus, the group said.

"It's a significant loss, but most of that's going to go to the grower's bottom line," said Bob Blakely, director of industry relations for California Citrus

Mutual.

The mandarin crop was of particular concern because the fruit is thinner-skinned than other oranges, making it more susceptible to cold. California Citrus Mutual said about 20 per cent of the mandarin crop had already been harvested when the freeze set in, but about 40 per cent of the remaining oranges, or \$150 million in revenue, was lost. **THE ASSOCIATED PRESS**

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Sochi. Stray dogs targeted for killing ahead of the Olympics

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

Sorokin described his company as being involved in the "catching and disposing" of dogs, although he refused to specify how the dogs would



Stray dogs sit outside the Rosa Khutor Extreme Park course in Sochi, Russia. THE ASSOCIATED PRESS

be killed or say where they would take the carcasses.

The dogs have been causing numerous problems, Sorokin said Monday, including "biting children."

THE ASSOCIATED PRESS

Defence. Heavy security, gay rights issue won't detract from Games: IOC

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region.

Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been de-



International Olympic Committee President Thomas Bach. THE ASSOCIATED PRESS

ployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

Keynote address

UN chief to take part in opening of Winter Olympics

Secretary-General Ban Ki-moon will take part in Friday's opening of the Winter Olympics in Sochi, Russia and deliver a keynote address to the International Olympic Committee's general assembly, the first by a UN secretary-general, officials said Monday.

Ban's visit to Sochi comes after several world

leaders decided to skip the games, including U.S. President Barack Obama, German President Joachim Gauck and French President Francois Hollande. Russia has come under criticism for its human rights record and law against gay "propaganda."

Besides delivering the first-ever keynote speech to the IOC assembly by a UN chief, Ban will be speaking publicly and holding bilateral meetings with world leaders attending the games, Nesirky said.

THE ASSOCIATED PRESS



Police officers escort children away from School No. 263 in Moscow on Monday after an incident in which investigators said an armed teenager killed a teacher and a policeman before being taken into custody. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Student goes on shooting spree

Weapons of choice.

In addition to the small-calibre rifle, the shooter was also carrying a carbine, a short-barrelled rifle

seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vladimir Markin, spokesman for Russia's Investigative Committee, its main investigative agency.

"Without saying a word, he fired several shots at the geography teacher," Markin said.

The shooter fired at least 11 times from a small-calibre rifle, also killing one police officer and wounding a second, Markin said.

The youth's father was immediately called to the school. He spoke to his son on the phone for 15 minutes to try to persuade him to let the 20 or so students in the classroom leave, but the boy refused, Moscow police chief Anatoly Yakunin said in televised remarks.

The father, wearing a bullet-proof vest provided by police, then went into the classroom. About 30 minutes later, the trapped students walked out, leaving the father and son alone in the classroom, and police special forces stormed in, Yakunin said.

Investigators were questioning the father, the classmates, school staff and the security guard to try to determine why he shot the teacher, Markin said. THE ASSOCIATED PRESS

16 years old

Shooter's nervous breakdown

The Moscow high school student who investigators say shot dead a teacher and a policeman days before the Sochi Olympics apparently had a nervous breakdown, according to a state official. Russian Investigative Committee spokesman Vladimir Markin told journalists that he believed the gunman, a 16-year-old student, suffered an emotional disorder, saying the he had an excellent school record and no apparent conflicts with either teachers or fellow pupils. He was a "straight-A student and most probably he had some kind of emotional breakdown," said Markin. He added that detectives "will examine a computer of the senior student and all details of his private life."

Quoted

"We have to raise a new generation of theatre-goers with good artistic taste who can understand and value theatrical, dramatic and musical art. If we had done this in a proper way, then perhaps there would not have been a tragedy like today's in Moscow."

Russian President Vladimir Putin, responding to Moscow school shooting.

Crazy Town. Rob Ford book will have no political impact: Brother Doug

Coun. Doug Ford slammed Toronto Star reporter Robyn Doolittle's book *Crazy Town: The Rob Ford Story*, Monday, telling reporters it's just another attack on his family.

The book details the life and scandals of Toronto's infamous mayor Rob Ford, including new allegations that Ford transitioned to using crack cocaine following the death of his father, Doug Ford Sr. in 2006 and that the Etobicoke family likened themselves to the Kennedys.

"We aren't even in the same league as someone like the Kennedys," Doug Ford said. "It's a joke. We're just, (Rob Ford) and I, are down here to help the people of Toronto and that's it."

Doug Ford told reporters he doesn't expect the book, which was released Monday morning, to have any impact on the re-election campaign.

Doug Ford also took issue with Doolittle's use of anonymous sources.

TORSTAR NEWS SERVICE



Toronto Mayor Rob Ford, left, speaks to his brother, Coun. Doug Ford, at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Renewed accusations. Woody Allen's allies cast doubt on abuse claims

Some of Woody Allen's allies have come to his defence, casting doubt on renewed accusations by Dylan Farrow that she was sexually assaulted by her then adoptive father when she was 7.

Allen's lawyer, studio and publicist weighed in on Far-

row's open letter, published online Saturday by The New York Times, in which she claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and then sexually assaulted her.

THE ASSOCIATED PRESS

Canada keeps an eye on rising H7N9 cases

Bird flu. Human infections of H7N9 soared in the lead-up to Friday's start of the lunar New Year celebrations in China

The number of H7N9 bird flu infections continues to climb rapidly in China. But the Public Health Agency of Canada says it believes the risk the virus poses to Canadians remains low.

The agency's director general for immunization and respiratory infectious diseases said Canada is monitoring the situation in China, and continues work on an update of the national pandemic preparedness plan that was begun in the aftermath of the 2009 H1N1 pandemic.

"We're very interested and watching very carefully what is going on in China," Dr. John Spika said Monday in an interview.

"But the bottom line is that until the virus demonstrates some ability to more efficiently spread from person to person it remains something that we're very interested in, watching carefully but still consider to be a low risk."

Since the new H7N9 virus emerged last spring, there have been about 277 cases diagnosed; 63 of the infections have been fatal. After several months with no infections over the summer, new cases began to pop up in the fall as temperatures went down and conditions for the spread of influenza viruses improved.



A health worker in full protective gear tosses a dead chicken at a wholesale poultry market in Hong Kong. VINCENT YU/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Since then, there have been 142 new cases, and 18 deaths, according to the U.S. Centers for Disease Control.

Spika said the recent diagnosis of a case of H5N1 bird flu in Alberta is a reminder that hospitals and public health officials across the country should be on the lookout for infections with novel flu viruses in people with a travel history to China.

The woman, who died from her illness, is believed to have contracted the virus while visiting China.

THE CANADIAN PRESS

On the lookout

It's quite possible infected travellers could bring the H7N9 virus to Canada, said Dr. John Spika.

- He said the fact that surveillance efforts picked up the H5N1 infection leads the Public Health Agency to believe H7N9 cases would likewise be detected.

- Spika said provinces

and territories appear to be maintaining their stockpiles of flu antiviral drugs.

- Canada has not asked its pandemic vaccine suppliers to make and test H7N9 vaccine, opting instead to wait for the results of clinical trials being done in the United States.

San Francisco Bay

Google must move its barge

A state agency says Google must move its mystery barge from a construction site on an island in the middle of the San Francisco Bay because the permits are not in order. San Francisco Bay Conservation and Development Commission executive director Larry Goldzband said Monday that his agency received multiple complaints about the construction of the floating, four-story building. THE ASSOCIATED PRESS

Super Bowl

Transit agency reviews traffic jam

The head of New Jersey Transit is defending the agency's response to a huge bottleneck that left thousands of fans waiting for trains for hours after the Super Bowl. More than 30,000 people rode trains between MetLife Stadium and Secaucus Junction. That's double the highest estimates made by organizers before the game. The crowds were stuck on train platforms at the stadium. THE ASSOCIATED PRESS

Antarctica

Japanese whaling vessel and protest ship collide

A Japanese whaling ship and an anti-whaling protest boat collided in the remote, icy seas off Antarctica, with both sides on Monday blaming each other for the crash. No one was injured, though both ships received minor damage in Sunday's collision, the latest drama in an annual battle between the conservationists and the whalers.

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Central African Republic sees violence in capital, countryside

Seventy-five dead in just one town.
Intense fighting breaks out in Bangui

Clashes between Muslim and Christian residents have left at least 75 people dead in a single town, a local priest said Monday, while heavy fighting broke out between rebels and peacekeepers in the capital.

In Bangui, Muslim militias engaged Burundian troops who returned fire in some of the heaviest fighting since France sent peacekeepers to its former colony in early December.

Some 1,600 French and 5,000 African peacekeepers are struggling to keep a lid on the violence. An untold number of people have been slain across the country since March 2013 when heavily armed rebels overthrew the president of a decade, setting off sectarian violence.

Father Cassien Kamatari told The Associated Press on Monday that fighting had erupted five days ago in the town of Boda, about 100 kilometres outside Bangui. Muslim victims were buried soon after the attacks so it was not known how many of them were also killed in addition to the toll given by the priest.

"Instead of thinking only of Bangui, people must also think of what's happening in the countryside, because what we are living through in these communities is horrific," he said.

Several months after the president was overthrown, the armed Muslim fighters were also being blamed for carrying out massacres on predominantly Christian villages in the country's remote northwest. An armed Christian movement known as the anti-Balaka arose in opposition to the Muslim rebels and its fighters are also accused of carrying out scores of human rights abuses.

THE ASSOCIATED PRESS



Men take cover as heavy gunfire erupts in the Miskin district of Bangui, Central African Republic, Monday. JEROME DELAY/THE ASSOCIATED PRESS

Thai protesters to push ahead to nullify election



Supporters of the anti-government protest movement wait to catch a glimpse of passing leader Suthep Thaugsuban during a march through Bangkok, Thailand, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

Anti-government protesters in Thailand vowed Monday to stage larger rallies in central Bangkok and push ahead with efforts to nullify an election they disrupted, preventing millions of people from voting.

Despite fears of violence, voting proceeded peacefully in 90 per cent of polling stations Sunday. The protesters forced polling booths to close in Bangkok and southern Thailand, leaving some legislative seats unfilled. As a result, a series of special elections are required to complete

the balloting, extending the country's political paralysis for months. Election results will not be announced until all areas have successfully voted.

After sabotaging the election process, the protesters and their allies said they will go to court to try to get the polls nullified on several grounds, including that they were not completed in one day.

The opposition Democrat Party, which backs the protesters and boycotted the vote, said Monday it is study-

ing other legal justifications to invalidate the election as well.

The struggle to hold the balloting was part of a 3-month-old conflict that has split the country between supporters of Prime Minister Yingluck Shinawatra and opponents, who allege her government is too corrupt to rule, and that she is a puppet of her brother, ousted Prime Minister Thaksin Shinawatra. Thaksin fled into exile to avoid a corruption conviction after being deposed in a 2006 military coup.

THE ASSOCIATED PRESS

Pressing on

The demonstrators have occupied major intersections in Bangkok and forced government ministries to shut down and work elsewhere.

- "We are not giving up the fight," protest leader Suthep Thaugsuban said. "Our mission is to keep shutting down government offices, so don't ask us to give those back."

Cairo

Egyptian TV airs video of Al-Jazeera journalists' arrests

Accompanied by a music score, an Egyptian TV channel has aired a video of the arrest and initial interrogation of two Al-Jazeera journalists at a Cairo hotel, escalating a campaign by

the country's authorities against the network.

The nearly 22-minute video began with the network's Canadian-Egyptian acting bureau chief in Cairo, Mohamed Fahmy, looking stunned as he opens the door of the hotel suite for security men. It ends with a shot of Fahmy and Australian correspondent Peter Greste being taken away in a minivan.

THE ASSOCIATED PRESS

Abu Bakr al-Baghdadi

Al-Qaida splits with branch commander

Al-Qaida's central leadership broke with one of its most powerful branch commanders in an apparent attempt to stem the deadly infighting that has erupted in Syria among the militant Islamic factions trying to bring down President Bashar Assad.

The dispute is between al-Qaida's central leadership and a faction known as the Islamic State of Iraq and the Levant.

Abu Bakr al-Baghdadi, the head of al-Qaida's branch in Iraq, formed the Islamic State last spring to expand his operations into neighbouring Syria, defying direct orders by al-Qaida leader Ayman al-Zawahiri not to do so.

THE ASSOCIATED PRESS

Muslim Brotherhood

Mohammed Badie referred to trial

Egyptian prosecutors on Monday referred to trial Mohammed Badie, leader of the Muslim Brotherhood, and 50 others on charges of inciting supporters to resist security forces during an August crackdown against them.



Mohammed Badie
THE ASSOCIATED PRESS FILE

The glass ceiling. Yellen sworn in as first female U.S. Federal Reserve chair

Janet Yellen was sworn in Monday to succeed Ben Bernanke, becoming the first woman to lead the U.S. Federal Reserve in its 100-year history.

Yellen, who was confirmed by the Senate last month, was sworn in by Fed Governor Daniel Tarullo, the senior member of the Fed's seven-member board.

She took the oath in a brief ceremony in front of a fireplace in the Fed's massive board room. Her husband, Nobel-winning economist George Akerlof, was present, as were other Fed board members and Fed staff.

Yellen, 67, made no remarks at her swearing in but did smile to acknowledge the applause of the assembled group.

Nominated by President Barack Obama on Oct. 9, her



Janet Yellen smiles after being sworn in on Monday. THE ASSOCIATED PRESS

four-year term as chairman will end on Feb. 3, 2018.

Meanwhile, the Brookings Institution, announced Monday that Bernanke was joining the Washington think-tank as a distinguished fellow in residence.

THE ASSOCIATED PRESS

\$389,119!? Canadian home prices overvalued by 10%: TD Bank report

Canadian home prices are likely about 10 per cent overvalued given the expectations for rising interest rates, TD Bank said in a report Monday.

However, the bank also noted that the overvaluation in markets like Toronto, Vancouver, Montreal and Ottawa is likely more significant than in others across the country.

"These markets will likely feel the pinch from modestly higher interest rates over the next two years more so than others," TD economist Diana Petramala wrote in the report.

She noted that Montreal, Quebec City and Ottawa have been flooded with an overhang of inventory of unsold condos.

"Home prices have weakened in the second half of 2013 as a result and we expect that

Bubble set to burst?

The Canadian Real Estate Association reported sales through its multiple listings service totalled 457,893 homes for 2013, up eight-tenths of a per cent from 2012.

- The national average price for homes sold in December was \$389,119, up 10.4 per cent from the end of 2012. Excluding Greater Vancouver and the Toronto region, the year-over-year increase was 4.6 per cent.

softness to persist in 2014," Petramala said.

THE CANADIAN PRESS



Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

Growing pains as Facebook hits 10

An awkward phase.

As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels

Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant



KIERON MONKS
Metro World News in London

When a 2013 academic paper suggested Facebook could

swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years today Mark Zuckerberg's baby has

reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past \$150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram, and Messenger, a no-frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25 per cent in the last three years, and the company's own research highlighted "decrease in daily users, specifically among teens" as a leading concern.

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Knight Rider 2017? U.S. may mandate 'talking' cars

Your car might see a deadly crash coming even if you don't, the U.S. government says, so officials are moving to require automakers to equip new vehicles with technology that lets them warn each other when they're plunging toward peril. THE ASSOCIATED PRESS

107-member team

French business delegation aims to renew ties in Iran

A large French business delegation arrived in Iran on Monday hoping to revive economic ties amid the easing of Western sanctions following a landmark agreement over Tehran's disputed nuclear program.

THE ASSOCIATED PRESS

IMF report

Tories' can loosen grip on budget

The federal government can loosen its efforts to balance the budget by 2015 in the event of an economic downturn, the International Monetary Fund said.

"Fiscal policy should strike the right balance between supporting growth and rebuilding fiscal buffers," said the fund's report.

THE CANADIAN PRESS

Market Minute



DOLLAR
90.11¢
(+0.33¢)

TSX
13,486.20 (-208.74)

OIL
\$96.43 US (-\$1.06)

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Natural gas: \$4.96 US (+\$0.11)
Dow Jones: 15,372.80 (-326.05)

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YVLA
VAN BUUREN
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made,

Contribution amounts

- **RRSPs:** 18 per cent of the previous year's earned income
- **TFSAs:** Up to \$5,500 plus any unused contribution room from previous years (up to \$5,000 annually from 2009 to 2012)
- **Unused contributions** for both can be carried forward

Owen said.

"And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

The TFSA was introduced

in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free, Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over \$50,000 invest in both RRSPs and TFSAs. But if your income is below \$40,000, an RRSP may not be your first or best choice."



Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

Understanding RRSPs. Mistakes to avoid



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Smart Investing

The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans,



Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESYA FEKETA/SHUTTERSTOCK

which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of time without paying tax.

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to

your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you

have \$30,000 contribution room and take out \$15,000, you are left with only \$15,000 of contribution room.

And once the money is out you have to start over again to save it and you lose the compounding growth that you could have received if it had stayed in.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

Many people also do not pay attention to their notice of assessment from the tax department after they have filed their income tax, which shows their RRSP de-

duction limit. You can over-contribute up to \$2,000 for a year, but after that you are assessed a one per cent per month penalty.

Many people also overlook dedicating a beneficiary for their RRSPs.

If an RRSP holder dies and does not have a designated beneficiary such as a spouse, partner or dependent children, it can be transferred to the individual's estate and becomes subject to probate fees. It also becomes fully taxable.

"A lot of people simply make the mistake of not thinking about their retirement goals early enough in life and not developing a strategy for what to do with their RRSP savings," Buttigieg said.

THE CANADIAN PRESS

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PUTTING SEXY BACK IN SEXAGENARIAN

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have while to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.



SHE SAYS

Jessica Napier

metronews.ca

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy. Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and—if I had to guess—a lifetime dedication to sunscreen, but looking at

these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

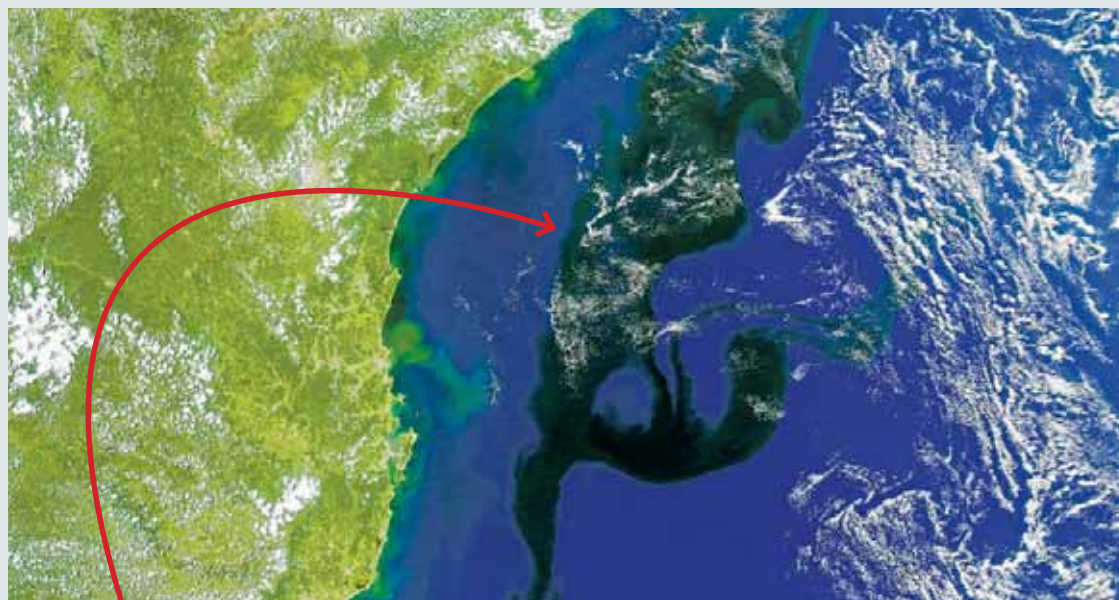
Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Brazil's dark cloud makes waves



NASA

Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as Myrionecta rubra. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

Microorganisms steal from algae

Living a metre below the water surface, Myrionecta rubra are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, Myrionecta rubra are not known to be toxic to other marine life or humans. **METRO**

Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans. **METRO**

Clickbait

DYLAN ROBERTSON
For Metro online

Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.

Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your 'bon mots' in both France French and Quebec French. You can also have a slightly delayed conversation with this app. \$4.99 for iOS, \$1.02 for Android.

Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.



Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

Follow @metropicks and take part in our daily poll. Best tweets published right here.

lished right here.

Comments

RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawalatters@metronews.ca

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment.

Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

All the officials spoke on condition of anonymity because they were not authorized to talk about evidence found at the scene.

Stamps are common as a form of drug-world branding, and authorities make note of the ones they encounter. It wasn't immediately clear whether the ace of hearts and ace of spades stamps could lead investigators to any clues about the source of the items found in Hoffman's apartment.

THE ASSOCIATED PRESS

Hoffman's Hunger Games role to remain untouched

'Devastating loss.'

Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact



RICHARD
CROUSE
scene@metronews.ca

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming *Hunger Games: Mockingjay Part 1* and *2*, said in a written statement. "We're very fortunate that he graced our *Hunger Games* family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role. In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their



Philip Seymour Hoffman played Plutarch Heavensbee in *Catching Fire* and the upcoming *Mockingjay Part 1* and *2*.
CONTRIBUTED

scheduled November 21, 2014 for *Part 1* and November 20, 2015 for *Part 2* release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on *Something's Got to Give* was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary *Marilyn: The Final Days* used footage from Monroe's aborted film while *Dark Blood* sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished films. The elder martial arts legend had completed 100 minutes of *The Game of Death* when a cerebral edema took his life. Even more tragically, Brandon was killed on the set of *The Crow* in an accident involving a prop handgun. Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of *Gladiator* replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of *The Imaginarium of Dr. Parnassus*. He was replaced in the surreal story

by three actors. "I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channelling Heath part of the time, so Heath was very much still alive in some sense."

As for the upcoming *Hunger Games* films, reports now confirm that Hoffman completed work on *Part 1* and had just seven days left of shooting on *Part 2*. His absence will not require any recasting, just a rewrite of one scene. And so *Mockingjay Part 2* becomes the final film in Hoffman's remarkable career.

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SCENE



Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from

across the country battle for the title and prizes, including \$100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB

Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently involves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically



correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"I say, 'Bah, humbug' to that," African American backup dancer Amazon Ashley says to critics.

"Miley treats me with the utmost respect. Twerking is my act. It's what I enjoy; it's who I am."

Little person Brittney Guzman agrees. "When she grabs my boobs, we're just having fun," she says. "It's not degrading."

"We're just having fun" has never sounded so creepy.



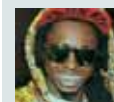
John Mayer

Recovering tweetaholic Mayer has fallen off the webbed wagon

Look out, Twitter. John Mayer is back on the scene. After making a big deal of quitting the social media forum back in 2010, Mayer logged back on over the weekend with a cheerful, "I'm back. What'd I miss?" His return might have something to do with the fact that his girlfriend, Katy Perry, is the most popular person on Twitter. Or maybe he's gotten over his Twitter-induced writer's block. In 2011, Mayer explained

why he had to quit Twitter: "I realized about a year ago that I couldn't have a complete thought anymore, and I was a tweetaholic," he said. "I had four million Twitter followers, and I was always writing on it. And I stopped using Twitter as an outlet and I started using Twitter as the instrument to riff on, and it started to make my mind smaller and smaller and smaller. And I couldn't write a song."

Twitter



@LilTunechi

Girl ya know I luv ya and I care 4 ya I got sum new shoes and a bag of hair 4 ya



@WhitneyCummings

Stop saying some random dumb thing is "everything" because then I have to sit there and exert all this energy trying not to roll my eyes



@JuddApatow

Whenever they show a hairy man's back on a commercial as a punch line I feel sad because I am always hairier than them.



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Don't let your 2014 resolutions fizzle out

One month in.

Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE
life@metronews.ca

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my



You are likely to slip but dust yourself off and try again. ISTOCK

desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Nor-

cross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop

bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of *Changeology*.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Under-

stand why you slipped and recommit.

- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

For your phone

Carrot Fit (iPad, \$1.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.



Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit metronews.ca/voices/half-off to find out.



3

THE

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This week: *Why White?*



What's crunchy, healthy and goes on everything from pizza to pasta?

Health Solutions

Brain food and then some



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.

- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, depression and ADHD, among other things.

- Walnuts are one of

the highest anti-oxidant nuts.

- Consumption of them has been linked to reduced risk of diabetes.

- One study says that they can reduce the stress related to high blood pressure.

Creative ways to use walnuts

- Toss whole and raw into salads.

- Toast and use in place of croutons in soup.

- Grind and add to pastry dough or shortbread.

- Puree into hummus.

- Use as a base for blue cheese appetizers.

- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the

others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea: use it to death!

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar

FLASH FOOD



From your fridge to your table in 30 minutes or less

for up to 2 weeks. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 1/2 cup flat leaf parsley (ensure it is rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

Warm up with Arugula and Spinach Salad



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

With warm mushrooms and melting cheese, this salad makes for the perfect winter dish.

Use any variety of mushrooms you like. The key is to cook the mushrooms on a medium-high heat until all the moisture evaporates.

You can sauté the mush-

rooms and mix the dressing up to a day in advance. If you do, dress just before serving.

1. Lightly coat a nonstick skillet with cooking spray and sauté the mushrooms over medium heat for about 8 minutes, or just until they are no longer wet and are slightly browned. Respray pan or add 2 tbsp (30 ml) water if mushrooms begin to burn. Keep warm.

2. Dressing: Whisk together the olive oil, balsamic vinegar,

mayonnaise, honey, garlic, mustard, and salt and pepper.

3. Place the spinach, arugula,

Ingredients

Salad

- 3 cups mushrooms, halved
- 4 cups baby spinach
- 4 cups arugula
- 1/2 cup grated Parmesan

Dressing

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp reduced-fat mayonnaise
- 2 tsp honey
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper



This recipe serves four. ROSE REISMAN

Super Bowl bets

Bookies boast record profits

Gamblers wagered a record \$119.4 million at Nevada casinos on the Super Bowl, allowing sportsbooks to reap an unprecedented profit as the betting public lost out in Seattle's rout of the Peyton Manning-led Denver Broncos.

Unaudited tallies showed sportsbooks made an unprecedented profit of \$19.7 million on the action, the Gaming Control Board announced Monday. That's millions more than the past three Super Bowl wins combined.

The Denver Broncos were a 2.5-point favourite, but the Seattle Seahawks took the championship 43-8. Oddsmakers said Peyton Manning fans drove the unprecedented handle.

THE ASSOCIATED PRESS

Super Bowl bust

Business owner out \$7 million

Seattle's victory in the Super Bowl has cost Houston furniture store mogul Jim McIngvale some \$7 million.

McIngvale is the owner of one of the nation's largest independent furniture stores, Gallery Furniture. He promised customers who spent at least \$6,000 in the past two weeks and took delivery before Sunday's game that he'd refund their purchase cost if Seattle won.

McIngvale said Monday his accountant is "pulling his hair out." He says he didn't do well financially, but did build his brand. He says the promotion was not covered by insurance.

THE ASSOCIATED PRESS



Team Canada lead Lisa Weagle, left, and third Emma Miskew sweep as skip Rachel Homan calls the shot against Yukon/Northwest Territories at the Scotties Tournament of Hearts on Monday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Homan making fans out of her opponents

Scotties. Yukon's Koltun looks to emulate Ottawa skip's success, even after losing to her

Yukon's Sarah Koltun can't help but look up to Canada's Rachel Homan at the Scotties Tournament of Hearts.

Koltun's team first noticed Homan in 2007 at the Canada Winter Games in Whitehorse and have been fans ever since.

The 20-year-old Koltun played Homan twice at the Canadian Juniors — both loss-

es — coming into Monday.

Their first match at the Scotties was more of the same.

"We try to play and train similarly — putting in the effort, the time, that's necessary to be successful," Koltun said after dropping a 9-3 decision to Homan (4-0) after eight ends. "That hard work will eventually pay off."

Yukon (1-3) is by far the youngest at this year's Scotties. Koltun, lead Andrea Sinclair and second Patty Willingham are all 20 years old, while third Chelsea Duncan is 21.

"We definitely look up to them because they've been so

Next on the schedule

Rachel Homan had Monday night off to prepare for Tuesday's matches.

- Homan will take on Alberta's Val Sweeting at 9 a.m., and Nova Scotia's Heather Smith at 7:30 p.m.

successful at a young age," said Willingham of Homan's Canadian rink.

In other afternoon matches Monday, P.E.I.'s Kim Dolan (2-2) edged Ontario's Allison Flaxey

(1-3) 7-5. Flaxey scored one in the seventh end, and another in the eighth, but couldn't complete the comeback.

Manitoba's Chelsea Carey (3-1) scored four in the ninth against Nova Scotia's Heather Smith (1-3), who conceded right after.

The afternoon draw also saw a Saskatchewan team that could do no wrong, beating New Brunswick's Andrea Crawford (2-2) 9-3 after eight ends. Saskatchewan skip Stefanie Lawton (3-1) stole four in the third and another three in the fifth to seal the victory.

THE CANADIAN PRESS

NBA rounding into form by getting top heavy



Going into Monday night, the Indiana Pacers held the NBA's best record of 36-10. GETTY IMAGES FILE

Adam Silver is taking over the NBA at a good time.

In fact, for five teams, it's a really good time.

Indiana, Miami, Oklahoma City, San Antonio and Portland all enter the week with winning percentages of .700 or better, and that's significant.

Only one other time in league history — 1997-98 — have as many as five teams won at such a rate, that coming in a season when Chicago, Indiana, Utah, Seattle and the Los Angeles Lakers did the

honours. It's conceivable that more than five finish with that good a record, with the Los Angeles Clippers and Houston still having realistic shots, too.

So in a season where so much of the narrative has been about how bad many NBA teams are, and with good reason, there's another end of the spectrum to consider as well.

At their current rates, Indiana and Oklahoma City are on pace to finish with two of the top 25 records in NBA history.

THE ASSOCIATED PRESS

On the flip side...

Milwaukee, meanwhile, would have the 11th-worst mark ever if the season was ending now.

- And going back to last season, including play-offs, the Bucks have lost 55 of their last 67 games (while the Heat have won 63 times in that same span, starting on March 20).

'The pressure's clearly on them'

Hockey. Great things expected from Ovechkin and Malkin's Russians as they enter Sochi as 'centrepiece' of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

"I field questions about Sochi always," Malkin said. "I feel right now it's pressure for the team, for me. It's everyone."

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

"I don't think about it because I don't want to take pressure right now on me," Ovechkin said last month. "But it's kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games."

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datsyuk

Parallels of pressure



"We can relate, for sure. It wasn't that long ago, and we all know how proud of a hockey nation Russia is, too."

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

suk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn't an option the Russians want to consider.

It's similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn't won gold since 1992, when it played as the Unified Team, there's even more anxiety.

"I think that always goes with the territory," U.S. general manager David Poile said. "It's probably even more so because starting from the top with Putin, he's wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort



Russians Sergei Gonchar, left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

of a man-made area, if you will, just for the Olympics.

"They're putting literally billions of dollars into this, and there's no question that the hockey is the centrepiece of the Olympics. The pressure's clearly on them. We're going to see

the best of the Russians, that's for sure."

Canada proved four years ago that pressure isn't prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their coun-

try, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team's biggest strength.

"(The) most important thing is (it's) us against the whole world," said Ovechkin, who

dreamed as a child of representing Russia in a home Olympics. "I don't think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey."

THE CANADIAN PRESS

Thomsen at his best when he's tuned out



Invermere, B.C.'s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen's racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

"I'm definitely confident going back there. It was a huge part of my life and changed my life drastically," Thomsen said.

Ski patrollers packing heat

"Georgia is on the back side of the ski hill and getting off gondola stations, you've got five armed guards ... it's a bit nerve-racking and unwelcoming when you're from a place like Canada."

Ben Thomsen, on security during his 2012 World Cup second-place finish in Sochi.

"It will be interesting to see what kind of feelings and emo-

tions come up when I get there."

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen's recipe for success seems to be simple — don't overthink it.

"As I look back on my career, the times that I've done really well is when I don't really know what I'm about to face and I'm just going into it full bore," he said. "If I know a situation might be a little tricky I might kind of back off the throttle a little bit."

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Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men's and women's downhill, slalom, giant slalom, super-G and super combined.

Did you know?

105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

Who'll lead Austrians?

Raich won't be on hand for opening

Austria is in need of a new flag-bearer for Friday's opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

Hockey

Swedes select Nyquist to replace Franzen

Sweden's Olympic hockey team has replaced an injured Detroit Red Wings forward with a healthy one. Gustav Nyquist was given a spot on the roster on Monday to replace Johan Franzen. THE ASSOCIATED PRESS

Cross-country skiing

Tough decisions ahead in Norway

Norway's unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world

champion from the men's individual sprint race.

Each team can enter four skiers, and Norway's coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team's big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS



Two-time Olympic gold medallist Petter Northug GETTY IMAGES FILE

Horoscopes

Aries

March 21 - April 20

You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

Taurus

April 21 - May 21

You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

Gemini

May 22 - June 21

Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

Cancer

June 22 - July 23

It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

Leo

July 24 - Aug. 23

It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

Virgo

Aug. 24 - Sept. 23

You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

Libra

Sept. 24 - Oct. 23

Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

Scorpio

Oct. 24 - Nov. 22

You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

Sagittarius

Nov. 23 - Dec. 21

According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

Capricorn

Dec. 22 - Jan. 20

Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

Aquarius

Jan. 21 - Feb. 19

If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

Pisces

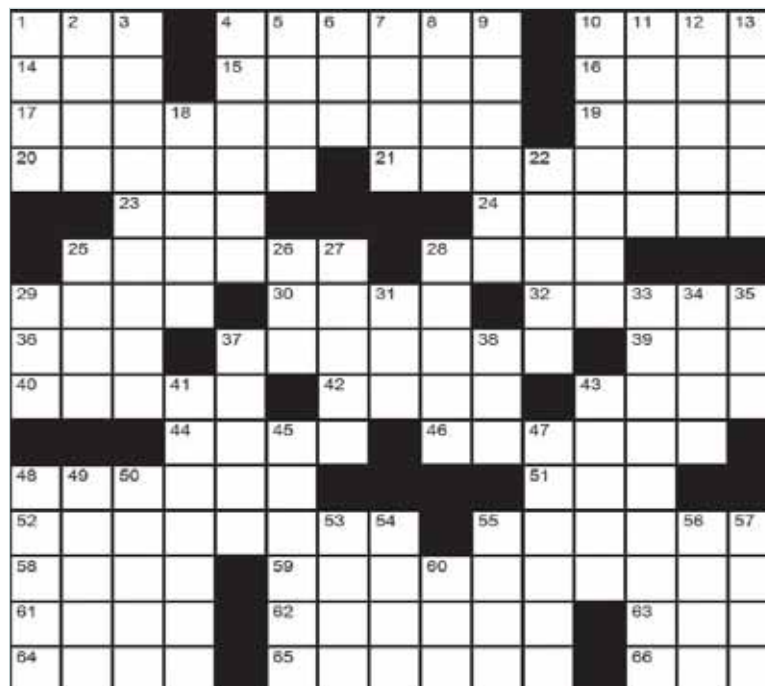
Feb. 20 - March 20

You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, ___ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. ___ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount ___
51. Peace sign's spelled-out shape
52. Guy friendship,



- often on reality TV
55. Mr. Whibley, Sum 41 frontman
58. South Dakota dam
59. Carly Rae Jepsen's new title role on Broadway
61. Sultanate of ___
62. Haunted house hangouts

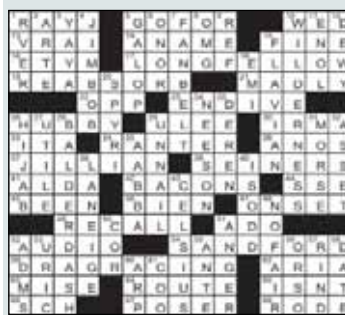
63. Turnaround, slangily
64. German philosopher, Immanuel ___ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "___ Tree Falls"

Down

1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, ___ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: ___ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The ___ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half

13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil ___ (b.1867 - d.1956)
25. Health food berry
26. ___'easter
27. Rusty stuff, Iron ___
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "___ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble ___
57. Bob Marley & The Wailers album
60. Insult, in slang

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



-6°/-15°
Partly cloudy

Wednesday



-5°/-19°
Flurries

70%

Know what the weather
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Check the 14 day trend.

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